

# weekly menu

July 16 - July 20

## Monday

**MOM'S SOUP BOWL:**

Ham & Bean 3.00 ●

**HEALTHY HABITS**

Grilled Marengo 5.20 ●  
with One Side 6.25

**CHEF'S MARKET:**

Beef Chimichanga 5.20 ●

**SIDES:**

Rice Pilaf 1.50 ●  
Mixed Vegetables 1.45 ●

**DAILY SPECIAL:**

Syberg's Chicken Sandwich,  
French Fries,  
20 oz Fountain Drink 6.95 ●

## Tuesday

**MOM'S SOUP BOWL:**

Texas Chili 3.40 ●

**EXHIBITION COOKING:**

Tossed to Order Caesar Salad  
with Grilled Chicken 6.20 ●

**CHEF'S MARKET:**

Open Faced Roast  
Beef with Gravy 5.20 ●

**SIDES:**

Mashed Potatoes 1.50 ●  
Mixed Vegetables 1.45 ●

**DAILY SPECIAL:**

Hot Ham & Cheese Melt  
Homemade Chips,  
& 20 oz Fountain Drink 5.25 ●

## Wednesday

**MOM'S SOUP BOWL:**

Tomato 3.00 ●

**HEALTHY HABITS:**

Grilled Chicken  
topped with Artichokes  
& Fresh Tomatoes 6.30 ●

**CHEF'S MARKET:**

Spaghetti & Meatballs  
with Garlic Bread 6.25 ●

**SIDES:**

Lemon Parmesan Orzo 1.50 ●  
Asparagus 1.45 ●

**DAILY SPECIAL:**

Ultimate Grilled Cheese,  
French Fries, 6.75 ●

## Thursday

**MOM'S SOUP BOWL:**

Texas Chili 3.40 ●

**MADE TO ORDER:**

Street Tacos  
with Slow Cooked Pork 6.30 ●

**HEALTHY HABITS:**

Turkey Breast  
with  
Roasted Sweet Potatoes 6.20 ●

**SIDES:**

Fresh Vegetables 1.45 ●  
Mac & Cheese 1.50 ●

**DAILY SPECIAL:**

Roast Turkey Melt,  
Homemade Chips,  
20 oz. Fountain Drink 6.75 ●

## Friday

**MOM'S SOUP BOWL:**

Cream of Chicken  
w/Wild Rice 3.00 ●

**HEALTHY HABITS:**

Beef & Broccoli  
Over Brown Rice 6.25 ●

**CHEF'S MARKET:**

Lemon Pepper Tilapia 6.75 ●

**DELI SPECIAL:**

Build Your Own Two  
Topping Personal Pizza 5.95 ●

**SIDES:**

Roasted Mixed Vegetables 1.45 ●  
Roasted Potatoes 1.50 ●

**DAILY SPECIAL:**

Grilled Chicken Sandwich,  
Homemade Chips,  
& 20 oz. Fountain Drink 6.00 ●



**SERVED DAILY:**

- Grilled Chicken Breast ●
- Turkey Burger ●
- Veggie Burger ●
- Vegetable Plate ●  
(3 choices)

**GREEN** Choose MORE often

**YELLOW** Choose in MODERATION

**RED** Choose LESS often